

Suggestions for Beginning Pickleball Players

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1. Go to www.youtube.com and you'll find out the basics of Pickleball. There are lots of really good videos.
2. Beginning clinics at the Chesterfield Valley Athletic Complex. There is a \$10.00 cash fee upon arrival. This is a real bargain. Call (636) 812-9500 or write olderadults@chesterfield.mo.us. The web site is: <https://www.chesterfield.mo.us/cvac.html> . These clinics are run by John Callahan, a terrific instructor.
3. John Callahan also offers private and group lessons. Phone (314) 474-8400. His email is John@callahanpickleball.com. Web site: <https://callahanpickleball.com/>
4. Other local instructors:
 - a) Lisa Frumhoff, (314) 393-7653. <http://iamlisafrumhoff.com/pickleball/>
 - b) Mike Chapin, <https://pickleballinsider.com/listing/mike-chapin-2/>
5. Beginning lessons in Crestwood at St. Elizabeth's of Hungary Church, 1420 Sappington Rd, between Big Bend and Watson. The cost is \$3.00 per session. Call Dale Florence at (618) 767-0069
6. A web site for everything pickleball in St Louis: <https://www.stlouispickleball.com/>
7. A group of intermediate players can be found playing just about every morning in University City at either of these locations, depending on the weather.
 - a) Centennial Commons in Heman Park, 7210 Olive Blvd. (314) 505-8625. Buy a 10-session card for \$20, or use your "Renew Active" membership that may be offered by your medical insurance company.
 - b) Kaufman Park, 8025 Blackberry.